



TUCSON SOCIETY OF THE BLIND (TSB)
P.O. Box 57655. Tucson, AZ 85732
January/February 2023 NEWSY NOTES
TSB meets every Tuesday – 9:30 AM to 1:00 PM
Christ Presbyterian Church, 6565 E. Broadway
For more information call Barbara, 298-2427 or Tom, 721-1029
www.tucsonsoftheblind.org

January – February 2023 TSB Calendar

January

- 3 Shawn Mangan, Assistant Manager of Sun Van, “Ways to improve the Sun Van service”**
- 10 “Ex NY Governor dealing with Vision Loss,” Annie and Barbara will give tips on how to organize your stuff**
- 11 Field Trip to Lovin’ Life after 50 Senior Expo. Free. Reid Doubletree Hotel, 445 S. Alvernon Way, 9:00 - 11:00 AM - Health Fair,
Raffle drawing \$100 each hour, Lunch afterwards at the Olive Garden, 5410 E. Broadway. Let Barbara know by January 6th if you are coming**
- 12 TSB Board Meeting 7026 E. Broadway 10:15 AM**
- 17 Karla from AZ Technology Access Program, Pizza Party, Stay until 12:30 PM. Karla will demonstrate the latest visual impaired equipment. See details below**
- 17 Manny’s class on the iPhone on Zoom 6:30 - 8:30 PM**
- 24 Barbara and Annie will lead a discussion of two books “Guiding Emily,” the story of love, loss and courage, and “The Unexpected Paths” by Barbara Hinske. Both books are available from the AZ Talking Book Library and BARD. Please read the two books before the meeting**
- 31 Dr. Charles Gerba, microbiologist from University of Arizona, “How to avoid germs and properly clean surfaces.”**

February

- 7 Jeff Rabson AZ Biologist “All about AZ Desert Animals and Desert Plants”**
- Arizona Technology Access Program (TAP) is a federal program located in Phoenix. AZ TAP will lend out the latest visual equipment for 14 days. You have to fill out an application and the shipping of equipment is free and comes with a free return label. Please do not order equipment until after Vision Specialist Karla Parker’s visit. Karla will demonstrate the following items: DaVinci Pro:

CCTV with OCR recognition, four different Portable video magnifiers including the talking Ruby with OCR recognition, Envision glasses, a wearable device to read text out aloud to you, We Walk Smart cane, Two tape recorders, Micro Speak and another, and the Blind Shell Cell Phone, Talking glucose monitor. Karla will demo the first hour and then help people individually to try out the equipment the second hour.

AZ TAP offers Federal Loans of 4½ percent for those who qualify to pay off loans to purchase equipment within five years.

Karla Krissel Rivas Parker

Email: Karla.Rivas-Parker@nau.edu phone: 602-728-9530

To schedule an appointment, call 602-728-9534, 800-477-9921 or send an email to askAzTAP@nau.edu. To schedule an AzTAP tour, contact Adi Schaeffer at 602-728-9534/1-800-477-9921 or email adi.schaeffer@nau.edu.

<https://aztap.org/>

Here is the link for the Arizona Loans for Assistive Technology: www.azlat.net You can read all the information about the financial program and download the application. But in case this is difficult for some of you, I have attached their brochure and application.

Regarding a 14-day borrower agreement, this is generated after we received and Assistive Technology Request for Equipment. You can take a look at the inventory on the link below:

Search Inventory

Follow these steps to submit an Assistive Technology Request:

- **Add the item in your cart.**
- **Select to complete the inquiry request form online.**
- **Fill in the requested information.**
- **Select to borrow the device.**
- **Put any additional information in the additional**
- **comments/needs/requests field if needed, and then**
- **Select if the item will be picked up or shipped. (Be sure to complete shipping info if you select that option).**
- **Submit application.**

Once submitted, the request will come to us and we will go ahead and get it in process

President's Message by Barbara Macpherson

Happy New Year! TSB has many informative and fun programs in January, 2023. On January 24th we will be discussing two amazing books dealing with vision loss; Guiding Emily, The Story of Love, Loss, and Courage, and The Unexpected Path by Barbara Hinske. Both books are available on the AZ Talking Book Library and on BARD. These books are amazing and you will learn more about the techniques used to deal with severe vision loss.

Dues of \$15 for TSB Membership are due in January. They will pay for musical performances and luncheons the whole year. Also, any additional funds donated to TSB are also very much appreciated. Make a check payable to TSB and send it to Vicki Postula, 1284 W. Hopbush Way Tucson, AZ 85704 or send the check to our PO Box address found in the heading.

I wish to thank all TSB Members who sold and bought Jim Click Raffle tickets. A grand total of \$2900 went to support TSB!

In closing, here is a quote from Dr. Seuss for the New Year. "You have brains in your head, and feet in your shoes, and you can steer your life, in any direction you choose.

Eye Talk by Annie Schlesinger NLS Talk Talking Books Part Two

Many of us learn to accept blindness after some time being in and out of denial. Books can show us there are many ways of living the life we want.

"More Than Meets the Eye" is Joan Brock's story. DB039905 1994. She was a teacher of blind students when her own vision began to fail. She first lost the ability to see the color pink; then was soon blind. I heard her speak at SAAVI years ago.

"Haben: the Deaf Blind Woman Who Conquered Harvard" by Haben Girma. DB096188 2019. She describes her life, world travels, and how she advocates for those with disabilities.

Helen Keller is well known for her deaf/blindness story. There are many books in the library by and about Helen Keller who was a remarkable woman, a pioneer in disability rights and social issues. Talk to your reader advisor about a recommendation for you. I feel we all need to know about Helen Keller!

The National Federation of the Blind (NFB) has a series of little books, short stories. They are written by blind people.

One of the first stories I read was by a blind man who liked to fish in the nearby lake. He left a radio playing by his gear so he could find it again. I was very impressed with this practical experience.

The stories are by men and women writing about everyday situations. Tell Talking Book Librarian that you would like some of the Kernel books by Marc Maurer or Kenneth Jernigan. The librarian can put them on a cartridge. Also, I found out that any book on BARD can be put on a cartridge.

Talking Book Library has a book club! Monthly meetings are on the second Thursday of the month. These fun meetings are held mornings at 10:00 AM and evenings at 6:00 PM. You can join in by computer, web connected device, or by telephone. They will call you if you prefer. Call the library for more information or to sign up.

I attended the August meeting; the book was Carnegie's Maid, a historical novel by Marie Benedict. I like to discuss books and this group is very convenient. We are currently reading Dewey, The Library Cat in December. Books have been picked out for the whole year, so you can have the Library send you on a cartridge with all the books on it.

Health Information by Annie

Recently my daughter-in-law volunteered to call and check on my lab orders. Because of HIPAA, the staff told her they couldn't give her my health information. So, because of this, at each medical office I am now signing a release form which lists spouse, others, and gives permission to leave voice messages. Being an emergency contact is not enough! HIPAA restricts access to an individual's private health information

Tips for emotional adjustment to vision loss

- Learn all you can about your eye disease.
- Realize that progress is two steps forward and one step back.
- Have good news and inspiring stories to listen to on bad days.
- Set goals to learn something new.
- Call a friend or listen to music when frustrated.
- Limit self-pity parties to three days.
- Keep track of your progress.
- Remember where you started from.
- Have an exercise routine.
- Get organized.
- Learn how to use Alexa and iPhone and Newline.
- Mark clothes with safety pins, Pen Friend labels, or Wayaround stickers.
- Be willing to work hard to learn new things.
- Set time aside for Talking Books.

- Check out Hadley Resources.
- Take baby steps toward goal.
- Listen to audio described movies.
- Check out audible on Alexa.
- Have a positive attitude on most days.
- Do as much as possible yourself even if it takes more time.
- Reframe your thinking.
- There is a learning curve to using the iPhone.
- Put a steering wheel on your emotions.
- Know your trigger points that spur anger.
- Start a journal on computer or iPhone to express feelings.
- Do new things or go to new events despite the fear.
- Ask for help when you need it.
- Clean out the junk drawer when frustrated Most time eye diseases progress slowly, so you have time to get ready.
- Don't Ever Give Up - You are never a loser until you quit trying.
- Anyone can give up, it's the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that's true strength.
- Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.
- If at first you don't succeed, try, try again.

“It's not the critic that counts, not the man who points out how the strong man stumbled or whether the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust, and sweat and blood, who strives valiantly, who errs and often comes up short again and again. Who knows the great enthusiasms, the great devotions and spends himself in a worthy cause. And who, if at best in the end, knows the triumph of higher treatment and high achievement, and who at worst, if he fails, at least fails while daring greatly so that his soul shall never be with those cold and timid ones, who know neither victory nor defeat.”

Theodore Roosevelt

Don't Quit

When things go wrong as they sometimes will,
 When the road you're trudging seems all up hill,
 When the funds are low and the debts are high
 And you want to smile, but you have to sigh,
 When care is pressing you down a bit,
 Rest if you must, but don't you quit.
 Life is queer with its twists and turns,
 As every one of us sometimes learns,
 And many a failure turns about
 When he might have won had he stuck it out;
 Don't give up though the pace seems slow

You may succeed with another blow,
Success is failure turned inside out
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far;
So, stick to the fight when you're hardest hit
It's when things seem worst that you must not quit.

Edgar A. Guest

“Never give in. Never give in. Never, never, never, never— In nothing, great or small, large or petty--never give in, except to convictions of honor and good sense. Never yield to force. Never yield to the apparently overwhelming might of the enemy.”

Winston Churchill

In Honor of Tucson Rodeo February 18 through - February 26, 2023

COWBOY JOKES

1. What Do You Call A Happy Cowboy? A jolly rancher
2. What Do You Call Someone Who Wears Cowboy Clothes? Ranch dressin'
3. How Did the Cowboy Ride into Town On Friday and Ride Away Three Days Later On Friday? The horse's name was Friday!
4. What Did the Cowboy Say When His Dog Left? Doggone!
5. Why Did the Bowlegged Cowboy Get Fired? Because he couldn't keep his calves together!
6. Why Did the Cowboy Take Hay to Bed? To feed his nightmares.
7. What Sickness Did the Cowboy Get from Riding A Wild Horse? Bronc-itis
8. Why Did the Cowboy Die with His Boots On? Because he didn't want to stub his toe when he kicked the bucket!
9. Why Can't the Bankrupt Cowboy Complain? He's got no beef!
10. Why Did the Cowboy Ride His Horse? Because it was too heavy to carry.
11. Why Did the Cowboy Get A Lot Of Laughs? Because he's always horsing around!
12. What Do You Call A Cowboy With Bad Gas? Darn Tootin'
13. What Did the Cowboy Say To The Pencil? Draw, partner
14. Where Do Cowboys Cook Their Meals? On the range